Buzz

Have participants count, beginning in a clockwise direction such that the first person says “one”, the second person say “two” and so on. Instruct people to say “buzz” instead of the number if the number is a multiple of seven (e.g., 7, 14, 21, 28, 35, 42, 49, 56, 63 and so one) or if the number has a seven in the number (e.g., 17, 27, 37, etc.). The direction reverses when someone says buzz in place of the number.

Even participants with moderate memory problems can learn this activity, if they do it during every session. This activity requires attention and used the frontal lobes and the right parietal lobe.

To make the activity more challenging, split a large group into smaller groups; the noise of the adjacent groups require even greater use of attentional resources.